



July was a blessed month for Fresno American Indian Health Project and the local Native community as a whole. The third year of FAIHP's Gathering of Native Americans (GONA) took place the week of July 14th at Camp Sierra near Shaver Lake.

In attendance were 70 youth from various areas of the Central Valley who represented 16 different tribes!

GONA offered them the chance to not simply meet one another but to build connections, work together, and learn from each other.

GONA consists of four themes: Belonging, Mastery, Interdependence, and Generosity. Every day focused on a particular theme. The week opened up with fun icebreakers and the formation of clans (Belonging). Tuesday (Mastery) focused on empowering youth despite past struggles. Wednesday (Interdependence) centered on working within a community to create positive changes. Thursday (Generosity) was about giving back; the youth demonstrated this by learning crafts and creating gifts to share. Praying, story-telling, sweats, talking circles, cultural activities, and sharing of information was consistent through the week and helped in our personal ceremonies.

Here are a few words from some of the youth who attended GONA.

Alicia F. said, "This was actually my first GONA and I enjoyed it a lot. It was fun and everything was just amazing. My favorite part of GONA was the traditional activities we did because I felt



closer to my culture. I really didn't even know who I was until GONA. I hope to participate in it again. I learned about my people and what brought us apart: drugs, alcohol, abuse, and much more brought us apart. If I help put a stop to this myself I can help many more not go through negative experiences. I really love GONA, I felt like I belonged. I didn't want to leave but I knew I had to return to my family and tell them all the fantastic things I learned."

"I have been to 3 GONAs. I enjoyed getting into clans

and creating a name and a shield that represented us. I learned that I can help and be productive for my community. I hope that the youth that have the opportunity to attend a GONA do it. It's a lot of fun; you meet new people, and even find yourself," said Noah B.

Thank you to all of those who helped make GONA 2014 an amazing success; staff, supporting organizations, volunteers, family members, and the youth participants. This was a testament to what our Native community can do when we all come together.



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We are looking for dedicated volunteers, if you would like to volunteer, please contact our office at 559-320-0490

BULLYING is associated with approximately 10% OF SUICIDE COMPLETIONS IN THE U.S.

In the U.S., **GIRLS** ARE MORE LIKELY TO have experienced cyberbullying than boys (26% vs. 16%).

PROTECTIVE FACTORS

Such as **CONNECTION TO CULTURE AND SPIRITUALITY** are wonderful ways to increase protection against suicidal ideation. **BULLYING IS NOT NATIVE. IT DOES NOT HONOR TRADITION OR CULTURE.**

Learning skills to **STAND UP TO BULLIES** and telling trusted adults about any bullying that is going on can help protect against continued bullying.

TOGETHER STAND UP STAND STRONG WE PREVENT

PREVENT BULLYING & CYBERBULLYING

KNOW THE SIGNS. ASK ABOUT BULLYING IF THE TEEN(S):

- Regularly comes home with bruises & scrapes
- Is often upset after school, extracurricular activities, or being on the internet/receiving texts
- Randomly stops using the computer or a cell phone
- Seems depressed, sad, and/or frustrated
- Has suicidal thoughts and/or attempts
- Withdraws from friends/family

SET CONSEQUENCES

- Let the teen know that bullying and cyberbullying behaviors are not acceptable online, over the phone (texting too), or in person.
- Provide consequences immediately if bullying or cyberbullying behaviors are shown.

COMMUNICATE

- **DISCUSS** bullying with teens and be sure they know it is a serious problem.
- If the teen is being bullied, let them know it is not their fault. Decide as a team how the teen and you would like to try and improve the situation. This may include contacting the school, parents of the bully, and possibly even law enforcement.
- **TEACH** your teen the skills and language to use against a bully if they or a friend is being bullied or cyberbullied.
- Teach your teen about safe and responsible internet use.
- **COMMUNICATE** to your teen through positive role-modeling. Not engaging in aggressive or bullying/cyberbullying behaviors yourself sends a message to your teen that it is unacceptable even for adults.

RESOURCES

Stop Bullying – www.stopbullying.gov

National Suicide Prevention Lifeline, 24 hours/day – 1-800-273-8255 or www.suicidepreventionlifeline.org

FOR MORE INFORMATION

THRIVE Staff - Northwest Portland Area Indian Health Board

Phone: 503.228.4185 • Email: npaihb@npaihb.org

Indian Health Service - Division of Behavioral Health

Phone: 301.443.2038





TOP FOODS FOR BEAUTIFUL SKIN

Now that summer is in full swing, we all show a little more skin! Glowing skin is anything but skin deep: what and how well we eat is often visible in our epidermis – that is the the outermost layer of our skin. Look for these go-to beauty foods at your local farmers' market or food store, and start noshing your way to luminous skin and glowing inner health:

1. Berries. As a rich sources of antioxidants, berries help protect your skin's collagen from free radical damage (think: wrinkles) caused by too much stress, sun and pollutants.

2. Dark leafy greens. Kale, collards, chard, spinach, arugula, watercress, parsley, and wheat and barley grasses are all rich in chlorophyll, a pigment that catches the sun's energy and emanates its radiant benefits to you.

3. Radishes. This humble root might hold the triple crown of glowing skin: vitamin C, sulfur and silicon, which all support collagen production and help keep skin moist and elastic.

4. Dark chocolate. The super dose of antioxidants in the 70% dark chocolate can help increase hydration, improve blood flow, enhance skin texture and cell renewal. Cacao has a high concentration of sulfur, known to promote beautiful skin.

5. Flax, hemp and chia seeds. These beautifying seeds are rich sources of ALA (alpha-linoleic acid) omega-3 fatty acids. High levels of ALA can help prevent wrinkles and protect against sun damage, resulting in youthful and nourished skin that glows.

6. Olive oil. Organic, cold-pressed olive oil is rich in vitamin E and fatty acids, which can help keep skin looking soft, smooth and radiant.
(www.cleanplates.com)

7. Lastly: Dry, rough and dull skin can be a sign of dehydration. Ensure your body is hydrated by drinking plenty of water. And don't forget your sunscreen!

Next Diabetes Class is Aug 21, 2014 at 1:00 pm



TEENS, PLEASE JOIN US

Once again we are starting the Tribal Prep classes.
Starting Friday August 8th at 3:00 pm at Clubhouse.
Every Friday. Last class on September 19th.
Come learn about HIV, STD's, Pregnancy Prevention
and Adult Preparation topics.
Have fun, and learn something too!
Great food, and incentives every class.
(Parents permission needed)

See you then!

Class is taught by Nancy Pierce, RN, Public Health Nurse.
If you have any questions please call Nancy.

FAIHP CBANS PROGRAM UPDATES

Humankind has not woven the web of life.
We are but one thread within it.
Whatever we do to the web, we do to ourselves.
All things are bound together.
All things connect.

Chief Seattle, 1854

CBANS has been very productive for the month of July. Together with our support groups we have developed many new acquaintances, friends, and camaraderie; also our WISE support group has been very active and growing. Some of the events we have attended and projects we have worked on together with Big Sandy Rancheria and Cold Springs Rancheria have been; "Play in the Clay" pottery making with Jim B., Gourd designing with Pete B.,



Shawl making with Lori P and Cynthia I., Sage Gathering, Drumming, Singing, Round Dancing, Trading at "Vineland Park" all incorporated with inspirational and informational Cultural teachings. We've had presentations with several recourses from our very own CBANS Community Health Worker Cynthia I. and Peer Support Specialist Ruben G., along with speakers from the community with a focus on Mental Wellness. With every WISE support group there is Sharing and partaking in a healthy meal that is either provided by CBANS or potluck with our WISE support group.

One of our upcoming events and Fundraiser, will be held on Thursday August 14, 2014 from 10 am. – 2 pm. Here we will combine both an "Indian Taco Sale" and a "Craft Sale". Support our Elders and spread the word!!! For details and information please contact FAIHP.

In July some of our Elders got to join the youth for a day of GONA at Camp Sierra this was a very special day for our Elders, as the Elders made some medicine ties and gifted them to the youth, along with some encouraging words of wisdom spoken into the lives of the youth that were gifted this medicine.



I could see how this made both the Elders and the youth feel, by the smile on both the face of elders and youth, and a sense of gratitude and mostly joy in their spirits.



One of the elders said "I even got a big hug and another hug from the same youth when the youth went through the line acknowledging and thanking the Elders and the Veterans!" Another elder said "I really liked how this made me feel gifting

the medicine to the youth, just to see the smile on her face." This is just another way of bridging the gap between the elders and the youth, and nothing but positive outcomes will result in working together and even engaging in conversations. This is what took place even while the elders and youth made medicine ties together at GONA. CBANS would like to say a special thank you to William B. for taking the lead on the medicine ties with the elders and the youth at GONA.




"Never stop doing little things for others. Sometimes those little things occupy the biggest part of their hearts." Author - Unknown

WISE Support Group: TBA Call for details
Stress Management: TBA Call for details
Tea: Twice TBA Call for details
Wellbriety: Weds at 7:00pm - 9:30pm

Times and Dates are Subject to change
Please call Cynthia Igasan or Ruben Garcia at (559) 320-0490

MORE THAN 75% OF AMERICAN INDIAN AND ALASKA NATIVE
YOUNG PEOPLE HAVE **NOT** USED ALCOHOL OR DRUGS IN THE PAST MONTH.
THEY STRENGTHEN THEIR NATION. **WILL YOU?**

I STRENGTHEN MY NATION

NEED HELP? VISIT WWW.WERNATIVE.ORG OR CALL 1-800-662-HELP

AUGUST 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Stress Mang. Group 1-2pm Monday Cafe 2-3:30 JUST WALK 11-12PM at Manchester Mall	5	6 Exercise Class 11-12 Wellbriety 7:00-9:30pm	7	8 TRIBAL PREP 3PM@ CLUBHOUSE	9
10	11 JUST WALK 11-12PM at Manchester Mall	12	13 Exercise Class 11-12 Wellbriety 7:00-9:30pm	14 Fresno WISE TACO & Craft SALE 10-2pm	15 TRIBAL PREP 3PM@ CLUBHOUSE	16
17	18 Stress Mang. Group 1-2pm Monday Cafe 2-3:30 Community Advisory Meeting 10-12 JUST WALK 11-12PM at Manchester Mall	19	20 Exercise Class 11-12 Wellbriety 7:00-9:30pm	21 Diabetes Class 1pm	22 TRIBAL PREP 3PM@ CLUBHOUSE	23
24	25 JUST WALK 11-12PM at Manchester Mall	26	27 Exercise Class 11-12 Wellbriety Celebration Potluck 7:00-9:30pm	28 Fresno WISE 12-2pm	29 TRIBAL PREP 3PM@ CLUBHOUSE	30
31		July 2014 S M T W Th F Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		September 2014 S M T W Th F Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30		

SEPTEMBER 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Labor Day	2	3 Exercise Class 11-12 Wellbriety 7:00-9:30pm	4	5 TRIBAL PREP 3PM@ CLUBHOUSE	6
7	8 Stress Mang. Group 1-2pm Monday Cafe 2-3:30 JUST WALK 11-12PM at Manchester Mall	9	10 Exercise Class 11-12 Wellbriety 7:00-9:30pm	11 Fresno WISE 12-2pm	12 TRIBAL PREP 3PM@ CLUBHOUSE	13
14	15 Community Advisory Meeting 10-12 JUST WALK 11-12PM at Manchester Mall	16	17 Exercise Class 11-12 Wellbriety 7:00-9:30pm	18 Diabetes Class 1pm	19 TRIBAL PREP 3PM@ CLUBHOUSE	20
21	22 Stress Mang. Group 1-2pm Monday Cafe 2-3:30 JUST WALK 11-12PM at Manchester Mall	23	24 Exercise Class 11-12 Wellbriety Celebration Potluck 7:00-9:30pm	25 Fresno WISE 12-2pm	26 CALIFORNIA INDIAN DAY Office Closed	27
28	29 JUST WALK 11-12PM at Manchester Mall	30				
		August 2014 S M T W Th F Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		October 2014 S M T W Th F Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		

Based on our Community Advisory Board feedback there was a great interest in Native language classes, so FAIHP would like to promote OVCDC's Native Language classes that are open to the community. All classes will be held at OVCDC facilities please contact Raelene Osborne to find out more information and to sign up for classes at 559-738-8248

Nüümü Yadoha Language Program

2014 Summer Schedule Fresno County

Starts July 1st-Ends Sept 1st

Tuesday

Fresno site -Community -Western Mono B - 5-7pm

Wednesday

Fresno site-Community-Western Mono A -6-8 pm

Fresno site-Community-Yaqui 5-7 pm

Big Sandy site -Community -Western Mono 5-7pm

Thursday

Big Sandy site-Community-Western Mono 5-7pm

Cold springs-Community-Western Mono A-5-7pm

Fresno site-Community -Conversational Mono 5:30pm-7:30pm

Friday

Fresno site -Community -Western Mono B-5-7pm

Saturday

Bear Mountain Library-Community-Western Mono A-12-3pm (2nd Saturday of the month)

Location

Bear Mountain-30733 East Kings Canyon Road Squaw Valley, CA 93675
(559) 332-2528

Big Sandy Rancheria-37190 Jose Basin Rd Auberry, CA 93602
(559) 855-7575

Cold springs-32535 Sycamore Road Tollhouse, CA 93667
(559) 855-7570

Fresno 5070 N Sixth St, Suite 110 Fresno, CA 93710
(559) 226-2880

Instructors

Big Sandy Rancheria-Marie Cohoe and Pearl Hutchins

Western Mono A-Don Jack , Roberta Jack and Darlene Oliver

Western Mono B-Irene Osborne and Raelene Osborne

Conversational Mono-Carly Tex

Yaqui- Diana Dominguez and Guadalupe Valenzuela



Visit our website for details and registration information <http://www.ovcdc.com/blog/locations/fresno/>

NATIVE

COMMUNITIES OF CARE



Each Mind Matters

Healing Mind, Body, Heart & Spirit

August 18, 2014

10am-12pm
FAIHP, Fresno CA

We all have mental health. As with our physical health, sometimes we are doing well, other times we could use some help. Our minds deserve the same attention as our bodies.

Early support and help for mental health challenges can reduce suffering and save lives. But not everyone who wants and needs help reaches out to get it. One of the greatest barriers to wellness is stigma.

Stigma wrongly assumes that someone who is different from us is less of a person because of it.

Stigma can be within us as individuals, families, communities and even institutions.

Stigma creates fear, pain and injustice that stop people from reaching out to care for their minds as they would care for their bodies.

The elimination of stigma is essential to prevention, early intervention and support for those experiencing mental health challenges.

EVENT DETAILS

Join us for a short presentation at our Community Advisory Meeting for information on this growing issue. We also have some fun giveaways and snacks! Please feel free to invite friends and family to every Community Meeting, the third Monday of each month!

Brought to you by



FAIHP
Fresno American Indian Health Project

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Fresno, CA 93710
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www.faihp.org



FAIHP

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Fresno American Indian Health Project

FAIHP is a nonprofit 501(c)3 organization and depends on support from the community. All donations are tax-deductible. If you or an individual or business you know would like to make a contribution they may do so by check or by logging on our website & utilizing the PayPal "donate" link.

NAME: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

PHONE: _____

DONATION AMOUNT: _____

Please make all checks payable to:

Fresno American Indian Health Project
1551 E. Shaw Avenue, Suite 139, Fresno CA 93710.

Our services include:

- Health Screenings
- Mental Health Services
- Alcohol & Drug Prevention
- Health Education Classes
- Public Health Nurse Home Visits
- Case Management
- Transportation
- Health Referrals
- Youth After School Program
- Nutrition counseling

OUR BOARD OF DIRECTORS

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